

CLARK COUNTY ADULTS AND YOUTH PREVALENCE OF OBESITY AND OVERWEIGHT

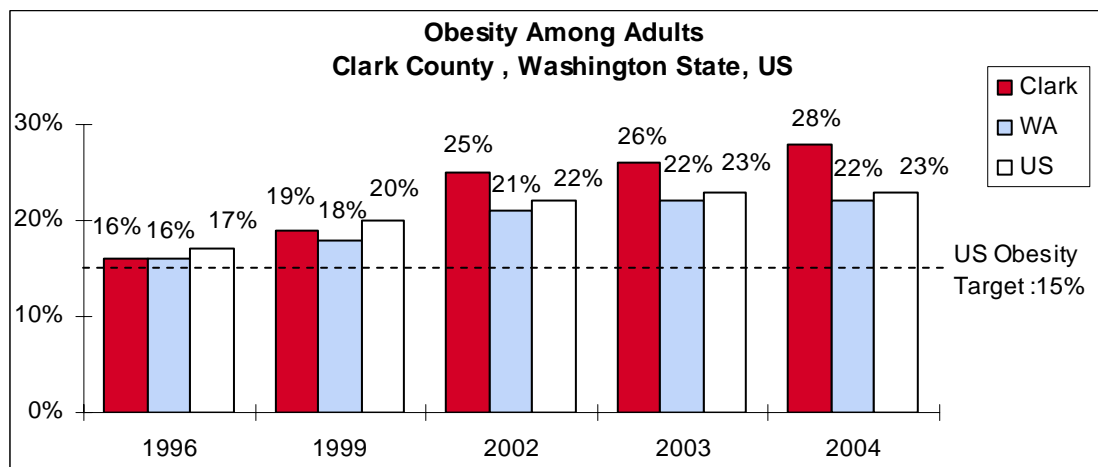
Obesity increases the risk of developing many diseases including type 2 (non-insulin dependent) diabetes, hypertension (high blood pressure), and heart disease. These three diseases are among the leading causes of premature death in the United States.¹

Prevalence of Obesity and Overweight - Adults

Obesity among adults is defined using a measure of weight in relation to height known as the Body Mass Index (BMI). The BMI is used to determine whether an adult, male or female, falls into a broad range considered to be underweight, healthy weight, overweight, or obese.

BMI Category	
below 18.5	Underweight
18.5-24.9	Healthy Weight
25-29.9	Overweight
30 or over	Obese

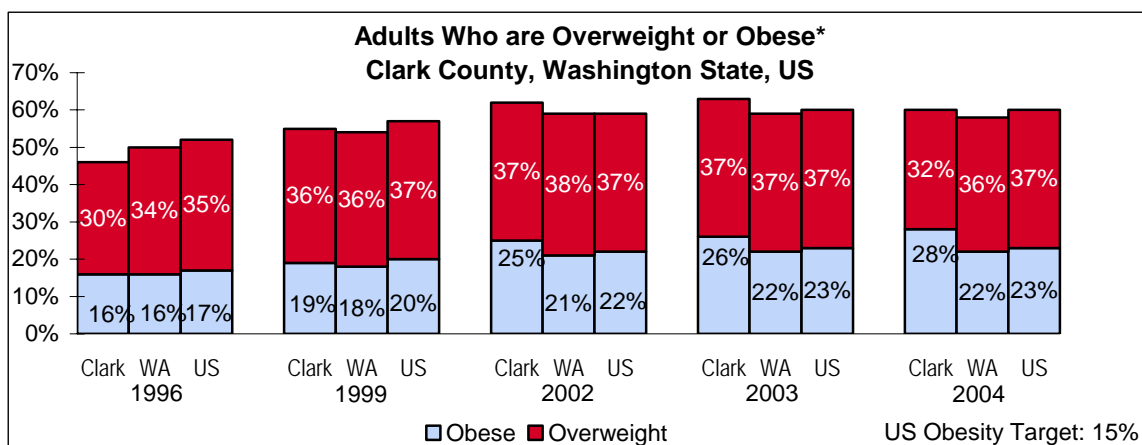
The prevalence of obesity among adults in Clark County has risen dramatically in recent years. In 1996, one out of six (16%) adults were obese. By 2004, obesity increased to more than one out of four (28%).² Both Washington State and Clark County are above the national Healthy People 2010 target for no more than 15 percent of adults to be obese.³



*Body Mass Index (BMI) ≥ 30 obese.

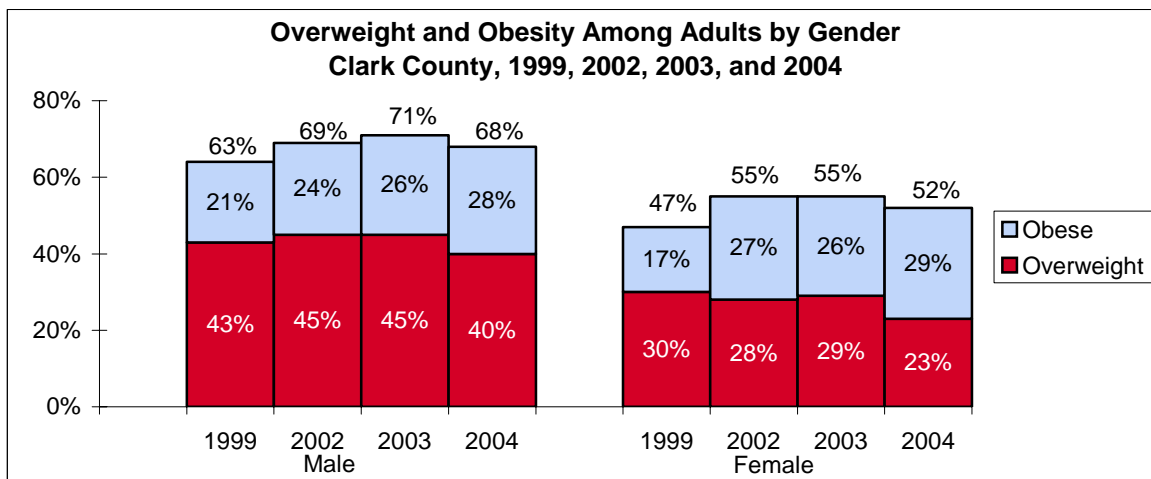
Source: Clark County, Washington State and United States, BRFSS.

Overweight, a predecessor to obesity, has also increased in Clark County, Washington State and the nation. In 1996, 46 percent of adults were either overweight or obese. By 2004, three out of five adults (60%) in Clark County were either overweight or obese.



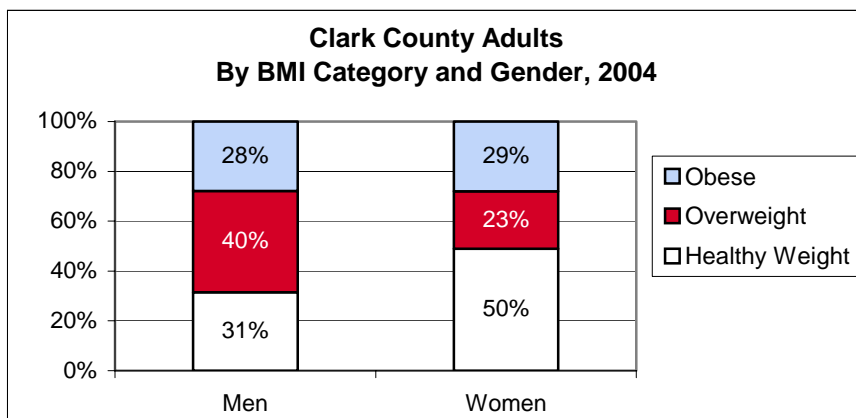
*Body Mass Index (BMI) 25-29.9 overweight and ≥ 30 obese.
Source: Clark County, Washington State and United States, BRFSS.

Overweight and obesity varies by gender. More males are overweight compared to females, 40 percent versus 23 percent in 2004. What is most alarming is an increase in obesity among females in Clark County from 17 percent in 1999 to 29 percent in 2004.



Source: Clark County, BRFSS.

While the obesity rate has risen among Clark County adult women, more women report healthy weight than men. Half of Clark County adult women (49%) reported healthy weight, while less than one third of Clark County adult men (31%) reported BMI in the healthy weight range in 2004.

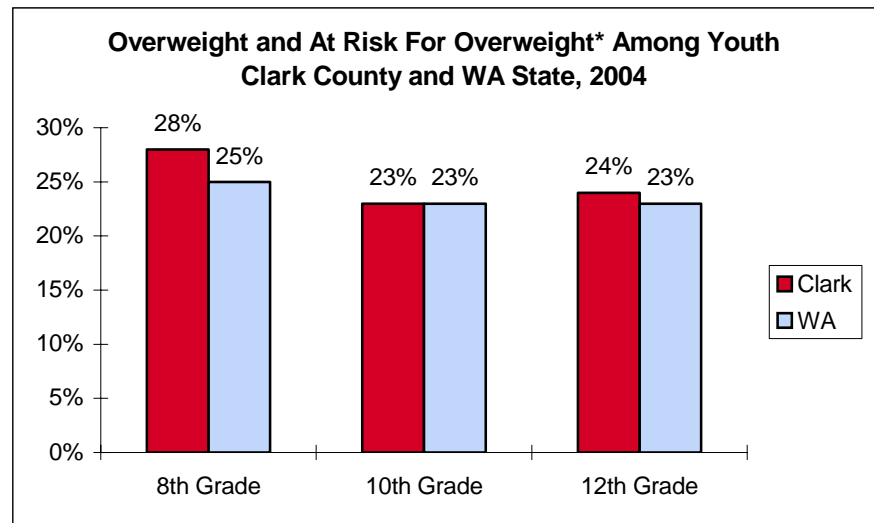


Source: Clark County, BRFSS.
Totals do not add up to 100 due to rounding.

Prevalence of Overweight and At Risk for Overweight - Youth

Overweight for children and adolescents (ages 6-19) is defined as a sex- and age-specific BMI at or above the 95th percentile, based on revised Centers for Disease Control and Prevention growth charts (www.cdc.gov/growthcharts/). Those between the 85th and 95th percentile are considered at risk of becoming overweight. There is no separate definition for obesity among youth.

Nationally, the percent of children (age 6-11) that are overweight has more than doubled since 1980 from 7 percent to 16 percent in 2002. The percent of overweight adolescents (age 12-19) tripled from 5 percent in 1980 to 16 percent in 2002.⁴ Clark County was slightly higher at 28 percent of eighth graders either overweight or at risk for overweight than Washington State who reported one out of four (25%). Tenth and twelfth graders in Clark County and the State reported similar levels, one out of four as being overweight or at risk for overweight.⁵



*Percent of youth who are overweight or in the top 5% BMI by age and gender, and at risk for overweight which includes the top 15%, but not the top 5%.

Source: WA State Healthy Youth Survey 2004 Results, March 2005

References:

1. U.S. Department of Health and Human Services. (2001). *The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*. Rockville, Maryland: Public Health Service, Office of the Surgeon General.
2. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator. (2005). [unpublished data].
3. U.S. Department of Health and Human Services. (January 2000). *Healthy People 2010*. (Conference Edition, in Two Volumes). Washington, DC: U.S. Government Printing Office.
4. National Center for Health Statistics. Health, United States, 2004. Hyattsville, Maryland: 2004. Table 70: *Overweight Children and Adolescents 6-19 Years of Age, According to Sex, Age, Race, and Hispanic Origin: United States, Selected Years 1963-65 through 1999-2002*.
5. RMC Research Corporation. (March 2005). *Washington State Healthy Youth Survey 2004*. Portland, OR. Author.
6. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>.



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